GUY'S GUIDE TO DIGESTION



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Advice on Digestion

THE well-known Sydney Smith once said: "Old friendships are destroyed by toasted cheese, and hard salted meat has led to suicide. Unpleasant feelings of the body produce corresponding sensations of the mind, and a great scene of wretchedness is sketched by a morsel of indigestible Food."

If people would but get a clear and intelligent knowledge of what Digestion really consists, half the suffering of the present day would be avoided. In order, therefore, that you may have a brief account of Nature's process, we offer you this Guide to Digestion.

The Mouth

The first step in Digestion takes place in the Mouth, and consists in the cutting and bruising of the solid portions of the Food by the teeth. The act of chewing, or mastication, is performed by the biting and grinding movement of the lower teeth against the upper ones, the tongue and the cheeks assisting by crushing the softer portions of the Food against the palate and the gums, as well as by moving the Food about until the whole is sufficiently softened. The object of mastication is to break up the Food, in order that the digestive juices may readily penetrate and act upon its various particles.

Insalivation

A transparent alkaline fluid called Saliva is poured into the mouth directly eating, or the mental impression produced by the sight or even the thought of Food, takes place. During eating, a very much larger quantity is secreted than while fasting. The quantity and quality is, in health, always in direct proportion to the dryness and hardness of the Food. This important fluid is secreted by three pairs of Salivary Glands. Some of these glands secrete a

distinctly watery saliva, the rest a more viscid secretion, which becomes spread over the surface of the softened mass and enables it to slide the more easily through the swallowing passages. During ill-health, the glands secreting the more watery portion of the Saliva act less freely, while those pouring out the thicker secretion are stimulated; this accounts for the clammy, unpleasant condition of the mouth in disease, and is an indication of the need of *Guy's Tonic Treatment.* When no Food is in the mouth and the nerves of taste have not been excited, only sufficient fluid is poured forth to keep the mouth moist.

The Saliva becomes intimately mixed with the Food as the teeth transform the viands into a pulp. This second step towards Digestion is termed Insalivation.

The chemical action of the Saliva is the important function of converting starch, contained in bread and potatoes, for instance, into grape sugar or glucose.

Guy's Tonic possesses remarkable Digestive properties, peculiar to itself, upon all forms of starchy Foods, such as bread, potatoes, and pastry. This is of great importance to persons who suffer from Indigestion produced by imperfect mastication.

The Stomach

The Food reaches the great Digestive Organ, the Stomach, either in a fit or unfit condition, according as the solvent saliva and teeth have fulfilled their share of the Digestive function by bruising, moistening, and changing its composition. This important Organ is a cavity, the walls of which consist of three coats: an outer coat of dense skin, a middle or muscular coat, and a lining mucous membrane. The function of this latter coat is the secretion of the gastric juice—the proper solvent of the Stomach, and prime agent in the Digestion of albuminous foodstuffs.

The Gastric Juice

This fluid is colourless, and possesses a saltish and pronounced acid taste. It depends upon free hydrochloric acid for its acidity, and on an organic ferment, to which the name of *Pepsin* has been applied on account of its wonderful digestive powers.

The supply of Gastric Juice is always proportioned to the amount and quality of the Food, unless the Food is too abundant, in which case part will then remain undigested and undergo decomposition, generating carbonic acid and other gases in the Digestive tract, and causing Flatulence and Distention, and other distressing symptoms.

Flatulence Corrected by Guy's Tonic.

Mr. A. J. Crabb writes from 41, Upper Tulse Hill, London, S.W. :—

"A Lady friend of mine, who has been for a long time ineffectually "treated by a Physician for Indigestion and Flatulence, wishes you to know "that Guy's Tonic has quite cured her. I must say that in all cases where I "have recommended Guy's Tonic the effects have been simply marvellous."

The Rev. Father Ignatius writes from Llanthony Abbey :—

"Father Ignatius encloses postal orders for the two Bottles of Guy's Tonic "sent. Guy's Tonic has been very much blessed by God to the Brother for "whom it was ordered, and who was suffering from almost entire inability to "eat, Flatulence, Waterbrash, and Sickness."

Taking Food of Improper Nature. It has been ascertained that partaking of many varieties of Food at a meal, particularly if rich and of a fatty character, gives the Stomach much more trouble than a few simple dishes.

The best cuts of meat, the fairest fruits, the freshest vegetables, the purest milk and butter, and unadulterated groceries are of greater value and infinitely more nutritious than the many and varied courses indulged in by the high liver : these are productive solely of wear and tear to the Digestive Organs.

Can Eat Anything by the aid of Guy's Tonic.

"Hatfield Peveril, Witham.

"I was a Dreadful Sufferer from Indigestion ; no Doctors could do me any "good. I was afraid to eat anything. Seeing Guy's Tonic advertised, I gave "it a trial. I began to feel better after the First Bottle. I took more till I was "quite well, and *could eat anything.*

"(Mrs.) E. Brickmore."

Drinking Much Fluid with Meals

Drinking much fluid with meals tends to delay Digestion immensely. When the Food is solid or pulpy the gastric juice acts upon it almost immediately, but when liquids are taken in excess with it they must first be removed by absorption ; this is one of the prevalent sources of Dyspepsia.

Dyspeptic Stomachs manage dry Food better than that containing much fluid, therefore Dyspeptics should avoid the use of light soups.

Partaking of fruit during a meal often obviates the necessity for drinking, although the Food may be dry in character.

Water

Water in small quantity will be found to be the best beverage that could be taken by the Dyspeptic. Very cold or very hot water almost immediately interferes with Digestion, by irritating the gastric mucous membrane. The taking of a tumbler of water during the day, especially early in the morning, will act most beneficially, by removing, through the medium of the Kidneys, *urea*, *uric acid*, *urate of soda*, *lactic acid*, and other materials, which are unquestionably the cause of Gout, Rheumatism, Neuralgia and Headache.

Tea

Tea is notorious for acting upon the muscular fibres of fresh meat, contracting them, as well as hardening the connective tissue. The *tannin* of the tea, which is powerfully astringent, converts fresh meat into a leathery substance, by an action closely resembling that which takes place in the conversion of uncured hides into leather in tanning. Tea, however, does not interfere with the Digestion of ham, tongue, or other cured and dried meats. A "high tea," or "tea-dinner," is, therefore, a dangerous meal for Dyspeptics to take. A slice of tongue is better than a cut off the best joint at a "severe tea."

Tea, when correctly made, and taken in moderation with sugar and cream, tempers the spirits, harmonises the mind, dispels lassitude and relieves fatigue, awakens thought and prevents drowsiness, refreshes and lightens the Body, and clears the perceptive faculties. Above all, the gentle exhilaration which accompanies the moderate use of tea is

not followed by the exhaustion, depression, and collapse which succeed the use of alcohol.

Coffee

Coffee stimulates the Nerve and Blood supply of the Stomachic walls, increasing the flow of gastric juice. Coffee will only agree with persons who are in perfect Health, many being unable to take it in the early morning ; it is not, therefore, a good beverage for breakfast. Coffee gives rise to a feeling of buoyancy and exhilaration, which does not end in depression, as in the case of alcohol.

Cocoa

Cocoa is decidedly the beverage best suited for the Nervous and persons of feeble Digestion. Pure, unadulterated cocoa contains nutrient ingredients, possesses invigorating properties in a high degree, and may be taken without causing irritation to the Digestive Organs.

Milk

The nourishing properties of Milk are so well known that we do not propose to go at great length into its actual constituents. Rich in nutriment, it is an invaluable Food and drink in one. Those whose Digestive powers are feeble should be careful to take it in small sips, in order that it may be separated in the Stomach : or in these cases it may be taken in soda or lime-water. In large draughts it becomes a mass difficult of Digestion, but if swallowed in tea-spoonful quantities it is quite easy for the gastric juice to act upon all portions of it. Thus strength and nourishment are readily obtained, and possible Dyspepsia avoided.

Alcohol

In Disease, Alcohol is sometimes useful, although the number of cases where beer and wine are needed is very small ; while many Dyspeptics who consume these fluids would assuredly be much better without them.

Sleep after Food

Sleep after food was found to delay Digestion, from the Physiological fact that during sleep the activity of the Nerves of the Digestive Organs, in common with the Nerves of every other Organ, is lessened. The Stomach therefore lingers over its allotted task.

Persons who sleep after eating should allow four hours to elapse between the time of waking and the next meal.

Enjoys Food and Sleeps Better.

Mr. H. Dibden, of 5, Fore House, High Street, Woolwich, writes :—

"I am particularly pleased with Guy's Tonic. My Wife has suffered "from a very severe form of Indigestion for a long time. Doctors have done "her little or no good, but since taking your grand Tonic the improvement is "really wonderful. She can now sleep and take her food with enjoyment."

Period of Digestion

The time required for Digestion in the Stomach varies in different persons, and in the same person under different circumstances ; also with the quantity, quality, and consistence of the Food itself, the quantity of Saliva, and of the other Liquids mixed with it.

Morbid states of the other organs—as Derangements of the Liver, Affections of the Brain, Lung Diseases, Kidney Complaints—or anything which interferes with the healthy action of the Stomach and Intestines, will powerfully affect Digestion.

Guy's Digestion Chart shows the time required for the Digestion of the various articles of Food in the Stomach. It also indicates the period the same articles of Food take to digest if a dose of Guy's Tonic is taken after the meal.

Guy's Digestion Chart cannot fail to bring home, with convincing force, the immense value of Guy's Tonic in all weaknesses of the Digestive Organs. By reference it will be seen that one of the most indigestible articles of food is Pork. When roasted it takes 5 hours and 20 minutes to digest, but if a dose of Guy's Tonic be taken after its consumption, it will then be digested in 4 hours and 5 minutes ; in other words, in exactly 1 hour and 15 minutes less time than it would have taken without the help of the Tonic. *Guy's Tonic contains active ingredients and digestive qualities akin to the gastric juice in a highly concentrated and permanent form.* Its digestive worth may be tested without taking it ; if some very tough meat be placed in a vessel of water, Guy's Tonic added, and the whole kept at the temperature of the body—98·4—the fibres of the meat will be observed

to separate, then to become dissolved, and finally digested exactly as occurs in the interior of the body. In this way the unquestionable value of Guy's Tonic in all forms of Dyspepsia may be conclusively demonstrated before your eyes. Guy's Tonic is the only reliable remedy for overcoming Stomach disorders of a chronic character; the most obstinate forms yielding if the simple instructions accompanying each bottle be carefully followed, and a dose of Guy's Tonic taken for a few days after each meal.

The *First* column is compiled from the extended experiments of Dr. Beaumont and Dr. F. G. Smith, who have, perhaps, thrown more light upon the subject of Gastric Digestion than any other practitioners; the *Second* has been arrived at after years of careful observation and painstaking study on the part of one of our most advanced Physiologists, and represents the results of innumerable experiments in Artificial Digestion carried on for a lengthened period by the aid of Modern Scientific Appliances.

Assimilation

The end and aim of Digestion is to reduce the Food and so alter its character that it may be fitted to enter into the current of the Circulation and minister to the nourishment of the entire System.

"I Suffered Acutely."

Mr. A. Carey, Jun., 160, Seven Sisters Road, London, N., writes :—

"I should like to add a word of Testimony to the value of Guy's Tonic. I "have for a good many years been more or less subject to Indigestion, but "during the first half of last year I suffered acutely from it. Two Doctors "did me no good, and having had Guy's Tonic brought strongly under my "notice, I tried it, with the best possible results. I persisted in the use of it "for two or three weeks, and felt relief from the first. I think I can safely say "my Indigestion has permanently disappeared, for I have had no trace of it "for some months now."

Lost Appetite

If you have not a good Appetite, at regular intervals, you have not got good Health.

If you do not enjoy your Food, something is wrong with your Digestion or Liver, perhaps both.

People whose Appetites are capricious, sometimes almost voracious, and at other periods with a positive distaste for Food of any kind, are,

Guy's Digestion Chart.

	Average Time of Digestion.		After a Dose of GUY'S Tonic.	
FISH.	H.	M.	H.	M.
Cod Fish...	3	30	2	30
Crabs	4	0	3	20
Haddocks	4	0	3	20
Herrings	3	5	2	30
Lobsters	4	0	3	0
Mackerel...	4	0	3	0
Oysters, *Raw*	2	35	2	0
,, *Stewed*	2	15	1	35
Plaice	3	0	2	20
Sardines	3	10	3	0
Salmon	4	0	3	0
Shrimps	3	45	3	5
Soles	2	5	1	35
Sprats	3	0	2	30
Turbot	2	20	2	0
Whelks	4	30	4	0
Whiting	3	0	2	15
GAME & POULTRY.				
Duck	4	0	3	35
Fowls, *Boiled*	3	0	2	5
,, *Roasted*	3	30	3	0
Goose	4	5	3	35
Hares	4	0	3	35
Partridges	2	45	2	0
Pigeons	3	10	2	45
Pheasants	3	5	2	30
Rabbits	4	30	4	0
Rooks	6	0	5	0
Turkey	4	25	4	0

	Average Time of Digestion.		After a Dose of GUY'S Tonic.	
FRUIT.	H.	M.	H.	M.
Apples	2	30	2	0
Bananas	1	45	1	0
Cherries	2	0	1	35
Figs and Grapes ...	3	0	2	0
Fig Seeds	Never		5	0
Gooseberries	2	30	2	5
Greengages	2	30	2	0
Melons	3	0	1	30
Nuts	4	0	3	35
Oranges	2	45	2	0
Pears, *Ripe*	2	0	1	30
Pineapple	2	35	2	0
Plums	3	40	3	10
Prunes	2	0	1	30
Raspberries	3	45	3	0
Strawberries	2	45	2	0
MEAT.				
Beef, *Boiled and Salted*	4	15	3	10
,, *Roasted*	3	20	2	30
Calves' Head	3	0	2	30
,, Feet, *Boiled* ...	2	0	1	30
Hearts	4	0	3	30
Kidneys	3	0	2	30
Lamb	2	20	2	0
Liver	3	20	2	40
Mutton, *Boiled*	3	0	2	25
,, *Roasted*... ...	3	15	2	45
Pork, *Boiled*	4	15	3	0
,; *Roasted*	5	20	4	5
Tripe, *Boiled*	1	0	0	30
Veal	4	0	3	15

Guy's Digestion Chart. — *Continued.*

SUNDRIES.	Average Time of Digestion.		After a Dose of GUY'S Tonic.	
	H.	M.	H.	M.
Arrowroot	2	35	1	10
Bacon and Ham... ...	4	0	3	45
Beef Tea	3	0	1	0
Blanc-mange	2	35	2	5
Brains	1	40	1	0
Bread, *New*	4	30	3	45
,, *Stale*	3	30	3	0
Buns	3	30	3	10
Butter	3	0	2	5
Cheese	3	30	3	0
Crust, Pie	3	45	3	5
Eggs, *Boiled lightly* ...	3	0	2	0
,, ,, *hard* ...	4	30	3	35
,, *Poached*	3	5	2	45
,, *Fried*	3	15	3	0
,, *Raw*	2	0	1	0
Jams and Jellies... ...	3	0	2	15
Marrow	3	30	3	0
Macaroni...	3	0	2	40
Milk, *Raw*	2	30	2	0
,, *Boiled*	2	0	1	5
,, *Swiss Condensed*...	2	0	1	15
Oatmeal	3	5	2	45
Pearl Barley	2	0	1	5
Pickles...	4	0	3	5
Sausages, *Beef*	3	5	2	38
,, *Pork*	4	0	3	5
Suet	5	30	4	30
Tea	4	0	3	0
Tongue	3	35	3	0
Vermicelli	3	0	1	35

VEGETABLES.	Average time of Digestion.		After a Dose of GUY'S Tonic.	
	H.	M.	H.	M.
Artichoke	2	5	1	45
Asparagus, ends only ...	1	30	1	5
Beans	2	30	2	0
,, French	2	0	1	0
Beetroot	3	45	3	0
BrusselsSprouts... ...	1	45	1	0
Cabbage	4	30	3	10
Carrots	4	15	2	45
Cauliflower	2	0	1	30
Celery, *Uncooked* . .	3	15	2	45
Cucumber	4	45	3	40
Leeks	1	30	1	0
Lettuce	3	0	2	5
Mushrooms	1	20	0	45
Onions	2	5	1	35
Parsnips...	3	30	3	0
Peas, Green	2	35	2	5
Potatoes, *Boiled*... ...	3	30	2	5
,, *Baked interior*	2	30	2	5
,, *Fried*	3	0	2	40
Radishes	4	0	3	20
Rice, *Boiled*	1	30	0	28
Savoys	3	30	3	0
Scotch Kale	2	30	2	5
Sea Kale...	1	35	1	0
Spinach	1	30	1	0
Tomatoes	2	5	1	45
Turnips	4	0	3	10
Turnip-tops	3	0	2	25
Vegetable Marrow ...	1	45	1	0
Watercress	1	30	1	5

perhaps, not actually ill, but they are sure to be weaker, more Nervous, less energetic and more easily depressed than they ought to be.

If you have a bad taste in the Mouth in the morning when you wake, and a feeling of nausea in your Stomach, and oppressiveness at your Forehead, with pains under your Shoulder-blades, then you are Dyspeptic. You do not digest your Food properly; it does not nourish you as it should do, but decomposes in your Intestines and poisons your Blood.

You Need Guy's Tonic

You need Guy's Tonic taken after meals to help your Stomach to digest the Food you eat, and to create Strength from the Nourishment taken.

If you have Acidity, Wind, Flatulence, or Heartburn, and are subject to Sick headache; if your Food feels like a heavy weight at the pit of your Stomach, causing you pain and discomfort, then you have a bad attack of Indigestion. You need Guy's Tonic, for this most useful Medicine will correct these troubles easily and naturally, and help you to recover waning Strength and declining Energy, by virtue of the beneficent Tonic power it so well exerts.

Guy's Tonic Restored my Appetite.

Mr. J. Bird, of Summer Lane, Birmingham, writes:—

"I desire to add my Testimony to the great value of Guy's Tonic. It "restored my Appetite, cleared the Tongue, and acted most beneficially on "the Liver and Nerves. It also gave me refreshing sleep, freedom from "Dreams and a pleasant waking. The distressing Symptoms of Melancholia "and Despondency have never returned since I took the first bottle of Guy's "Tonic."

Quite Hungry after taking Guy's Tonic.

"Charleville Forest, Tullamore, King's Co., Ireland.

"I am truly thankful to say that I am greatly better. My Appetite has "returned, and I feel quite hungry for my meals. I also have slept perfectly "since I took Guy's Tonic. It is splendid.—(Miss) L. Diamond."

Indigestion or Dyspepsia

means "difficult to digest," and is one of the most common, as well as one of the most difficult Diseases the Medical profession has to deal with.

Dr. Abernethy, the renowned Physician, used to say that "No person could be persuaded to pay due attention to his Digestive Organs until death, or the dread of death, was staring him in the face." This is as true to-day as it was then. It is an unfortunate circumstance that the love of good cheer actually increases with the weakness of the Stomach ; hence thousands suffer from a perpetual Indigestion. Another distinguished authority has remarked :—"This slackening of the energy of the Digestive Organs is the curse of the age in which we live. It kills, indirectly, more Human beings than even Consumption. It is, therefore, of the utmost importance that some reliable remedy should be resorted to early in the attack." Slow Digestion is always the forerunner of Dyspepsia. Guy's Tonic strengthens the walls of the Stomach, thereby increasing the rapidity of its muscular movements. It braces up the Stomachic Glands ; more gastric juice is secreted. Not only this, but at the same time the System generally is invigorated by its use, thus re-establishing perfect Digestion, as well as improving the condition of the general Health.

Loss of Strength Arrested.

Mr. B. W. Horsman, 53, Caledonian Street, Leeds, writes as follows :—

"I have been married twenty years, and for the greater part of that time my "Wife has suffered from Indigestion, and has not been able to eat any other "flesh meat except mutton, and that only sparingly. She has tried all sorts "of medicines without any lasting results, and one of the leading Doctors in "this city told her she would always be Dyspeptic. Her Appetite failed her, "and she began to lose flesh. I came across one of your advertisements in "which a similar case was mentioned, and I sent out and got a bottle of Guy's "Tonic. I then got another, and now have the satisfaction of saying that "Guy's Tonic put her all right, and her Appetite is such that she can eat a dry "crust with relish."

Helping the Stomach

The Stomach is like "Fire" or "Water," a good friend but a bad master. As a friend it craves work to do, which is shown by good Appetite, and it sets about its work with so much energy that we have efficient Digestion, and later on perfect Assimilation—the Source of Life and Strength.

On the other hand, the Stomach as a master works fitfully and in a sulky manner. This soon spoils the Appetite and ruins the Digestion. Then the suffering begins. The partially-digested Food becomes an irritant, and we have a host of disagreeable Symptoms, such as Nausea, Flatulence, Distension, Pain, Loss of Appetite, Headache, Constipation, Sleeplessness, and a general tired feeling of Weakness.

Now we can change the Stomach from a despot master into a willing friend by simply helping it with occasional doses of Guy's Tonic, until it is shortly able to carry on its work without assistance.

As a direct consequence of taking Guy's Tonic good Appetite returns, and with it the capacity to enjoy Food, to digest it, and to gain strength therefrom. General experience extended over many years proves conclusively that Guy's Tonic corrects and cures both neglect and misuse of the Stomach, and strengthens it for future work.

Nervous Dyspepsia

In these days of Mental stress and strain, Nervous Dyspepsia is immensely on the increase, particularly among highly sensitive, mentally over-worked people, with excitable and irritable temperaments.

The Digestive Organs are always the first to sympathise with depression of the Mind, as also with fatigue of the Body. Of all the causes of Indigestion, those having a Nerve-origin are the most troublesome to detect and cure, as well as being the first to yield if properly treated. When, however, it is remembered that anything which deflects the Nerve-current away from the Stomach, paralyses the Nervous operations of the gastric glands, as well as arrests the action of the Stomachic walls, it will be easily seen how this painful condition may be brought about. The Low Spirits induced by Nervous Dyspepsia vary from slight dejection and ill-humour to the

most extreme melancholy. The person misconceives every act of friendship, is irritable with those who desire to serve him, while he exaggerates slight ailments into heavy grievances. Diminished Nerve Tone of the whole System, arising from business worries, violent grief, great emotion, despondency, low spirits, love troubles, dissipation, want of bodily exercise, sedentary pursuits, as well as unwholesome excitement, are often the forerunners of many Digestive troubles.

Extreme Nervousness Removed by Guy's Tonic.

" Bodicote, near Banbury.

" Miss Hands has been suffering some years from Sluggish Liver, " Indigestion, and *extreme* Nervousness—in fact, her Nerves prevent her " from doing anything. She has been only a burden, sometimes too heavy to " bear. She is taking the first bottle of Guy's Tonic, and already feels " relieved."

The Liver.

Although not usually classed as one of the Digestive Organs, the Liver fulfils some of the most important offices in the whole process, namely—the secretion of Bile.

The principal use of Bile is the Emulsification of fat, which really means mixing the fatty and watery portions of the Food together into a milk-like fluid. Fat leaves the Stomach almost unchanged, and were it not for the bile and pancreatic juice it would leave the System in a similar condition. Bile also acts as the natural aperient to the Body.

It will now be seen how intimately are the Liver functions associated with those of the Stomach—so much so, that the three complaints, Indigestion, Sluggish Liver, and Nervousness, are often classed together, almost as if they were one disease; for directly the Liver becomes sluggish in separating bile from the Blood, its accumulation in the System, even in the most minute quantity, produces those miserable depressed feelings and low spirits known as " The Blues," or " The Dumps." Should, however, bile be present in the circulation in any appreciable quantity, the Blood becomes poisoned by its presence, and diminished Nerve tone, excitable, irritable temperament, troubled state of mind, Sleeplessness, defective memory, anxiety and fear are set up.

Torpidity of the Liver

So long as this long-suffering Organ, the Liver, is working in a satisfactory manner we are scarcely cognisant of its existence, but let it become deranged and we are soon made aware of its importance.

People who have a Torpid Liver suffer from more or less frequent Bilious attacks, Sick-headache, sallowness of Skin, pain between the Shoulders and Shoulder-blades, giddiness, thirst, languor of Mind and Body, depressed Spirits, dryness of the Throat, coated Tongue, blotches on the Face and Neck, Dreams, Muscular Weakness, great susceptibility to fatigue and also to cold, and offensive Breath. The white of the Eye becomes yellow, and sometimes bloodshot, and the little veins on the side of the Nose are red and congested. Any active exertion produces great breathlessness and distress.

We invite attention to the following Letter received from Mr. J. H. Kight, of Albert Street, Wednesbury, Staffordshire :—

"Having suffered from severe Liver Complaint for the last three years, with "Pains in the Back and Mental Depression, I have tried nearly everything "without benefit, but after taking three doses of your Guy's Tonic the Pains "in the Back have entirely gone, and *I feel as I have not done before for several "years.* I shall recommend Guy's Tonic wherever I go."

Guy's Tonic Demonstrated.

"92, Crust Street, Sale, Manchester.

"Suffering from a Sluggish Liver, I am now taking Guy's Tonic, and find "it does me much good.—A. Place."

Liver Complications.

"Point Cottage, Toll Cross, Glasgow.

"I have used Guy's Tonic in my family for Stomach Troubles and Liver "Complications, and its effect has been such that I never fail to recommend "it in these cases. It is by far the best Tonic I have ever tried.—

"Jackson Harding."

Nervousness

Nervousness, and the kind of ill-health to which the name Nervous Debility (sometimes improperly used) is rightly applied, shows itself in lassitude, despondency of spirits, with lack of strength and energy. The duties of life become a burden. The temper becomes

irritable, the will is debilitated or is in frequent abeyance. There is giddiness, especially at night, or on first rising in the morning ; the hands are tremulous, and the Heart subject to palpitation, the latter especially after retiring at night. There may be spots before the eyes, defective memory, mental aberration, and a difficulty in concentrating the attention. Sleep is sometimes sought in vain, or it may be fitful and disturbed by nightmare, or very unpleasant and disquieting dreams. Neuralgia, which will sometimes recur daily about the same time, and with perfect agonising intensity, is a sure symptom with many people. These attacks, though severe, are fortunately not, as a rule, of very long duration on each occasion ; but Neuralgia of the more unusual kind will persist for days and nights at a time, causing the most debilitating Insomnia.

The unfailing remedy for all cases of Nervous Weakness and Irritation is Guy's Tonic, a proved fact now known and recognised, not only in the British Isles, but throughout the Empire.

Nervous Debility Corrected by Guy's Tonic.

Mr. W. W. Waterhouse, of Wombwell, near Barnsley, writes :—

" For the past four years I have suffered from that terrible malady Nervous " Debility, not being able to do a day's work in that time. It is with great " pleasure now that I bear my testimony to Guy's Tonic—it is a wonderful " medicine—a great discovery. I write thankfully feeling its benefit."

Guy's Tonic should be instantly resorted to—

When Digestion is accompanied by Flatulence ;
When Pain, Weight, Fulness, or Distension is felt after eating ;
When there is Drowsiness or Nausea after Meals ;
When there is a Dull, Weak, Failing Appetite ;
When there is a Loss of Flesh, and Strength is gradually diminishing.

When any or all of these Symptoms are present, Guy's Tonic is the very thing required, and cannot fail to afford immediate and permanent relief.

It would be well for Dyspeptics, and in fact every person who would enjoy good Health, and escape the evils of Indigestion, to conform to the following simple rules regarding the taking of Food :

1. To take, as a rule, three meals a day, allowing about four hours between each.

2. To partake of no Food between meals.

3. To thoroughly chew the Food, never bolting it.

4. Not to drink just before a meal; and to drink as little as possible during eating.

5. To employ Alcoholic drinks in extreme moderation. To do without them altogether is even better.

6. To see that the Bowels are unloaded at least once every day.

Thousands of spontaneous Testimonials as to the wonderful curative value of Guy's Tonic have been received by the Proprietors ; they are on file at the offices of the Company, and the originals may be perused by anyone interested.

Guy's Tonic is a British Preparation of simple Vegetable origin. It is employed with excellent results in Hospital Practice, and is widely recommended by Medical Men. A new size (Six Ounce) Bottle of Guy's Tonic, price 1/1½d., is now on Sale at all Chemists and Stores.

All Letters should be addressed :—

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